

VOICE OF THE RESIDENTS

VOL. V, NO. 5

COCKEYSVILLE, MD.

FEBRUARY 1984

Gil VanHouten's Mail Bag - A Fantasy

Gil Van Houten, director of food service, and his staff, have more reason to understand the idiosyncracies of "disremembering", amongst older people, than most. They are well-positioned to add to the literature of wry comedy accumulating wherever retirement communities exist.

A large item: Before each important holiday they send a form to every Resident to inquire about the number of persons to expect for the holiday dinner. Each time, a large number fail to respond. Recently, more than 70 people appeared who were not expected, and pandemonium in the kitchen - not enough menu food, not enough help. But the diners never see behind the scenes, and the staff finds ways to supplement.

A Valentine's Day fantasy might go like this: Gil, Mike, and Doug have a vision of a bagful of mail from Residents on Valentine's day, in which they find letters such as these -

Dear Gil, Mike, and Doug: It's Valentine's Day and I want to tell you that many of us would do nearly anything to show how much we appreciate you. If there ever is anything I can do for you, please let me know. By the way, a few weeks ago I threw away some "junk mail", but later thought one piece may have been from you. If so, will you send me a copy please? Remember we love you!

Dear Mike, I would like to be able to return your memos promptly about holiday meal attendance but I hate to commit myself until I am 100 percent sure of my plans. By that time I sometimes forget where I put

the memo. When I can't find it, I think maybe I sent it back to you. I sure hope so. Happy Valentine's Day.

Dear Gil, I think I can explain why you don't get some answers to queries about meals on holidays. Some people are non-readers and automatically file written messages in waste baskets. Be my Valentine - not theirs!

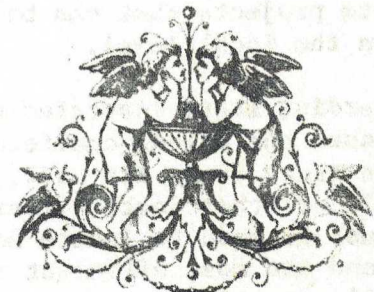
The dream-like fantasy continues: It is early April, and Mike sends out a form to every Resident. Now it is Easter Sunday. From the count of Resident responses, 260 are expected for dinner in the main dining room, and 258 appear and are served with ease.

Gil: Now I believe in miracles!

Mike and Doug, We believe in St. Valentine!

--D.K.

Editors Note: The above appears without the knowledge or consent of the principals.



CALL TO HELP LEGISLATURE MADE BY CARDIN
AS HE TELLS OF IMPORTANT ISSUES

"We need your help....Please get involved, whether by a letter, a telephone call, or a personal visit...."

That was the appeal made by the Hon. Ben Cardin, Speaker of the Maryland House of Delegates, on January 9, after he had outlined to Broadmead residents the most important issues coming before the state legislature in 1984.

What will happen to these issues, he explained, will depend, to a large extent, on how the law-makers evaluate the interest of their constituents (the voters).

The top issues high-lighted by the Speaker, now in his 18th year in the legislature, are: education; the cleaning up of the Chesapeake Bay; salary increases for the state employees; and state aid and encouragement to community-based programs.

As to education, he pledged his own support, and that of the House of Delegates, to finding the means to give Maryland "the best possible" educational system. He stressed the importance of the Chesapeake Bay in the life of the state, "not only during our own lives but for the future", and he especially pointed out the need to re-stock the bay with the fish that have been disappearing because of pollution.

As was to be expected, Mr. Cardin spoke favorably of a pay increase for state employees who have not had one in three years. As to community-based programs, he recognized that there are many state projects that can be done better on the local level.

Regarding state-supported programs, he expressed the strong conviction that "wherever state funds are used, whether in schools or other institutions, every effort must be made to insure accountability and the most efficient use of every dollar spent."

Mr. Cardin, a candidate for governor, had warm words of praise for the incumbent, Gov. Harry Hughes, for his leadership in such matters as improving public education and saving the Chesapeake Bay. He credited the governor, especially, with his winning the cooperation and support of the governors of Pennsylvania and Virginia in the campaign to save the bay.

Mr. Cardin said he believes that the governor's office and influence can be used, together with the legislature, in giving the state the best and most efficient services anywhere in the nation.

Mr. Cardin was presented by the Broadmead Program Committee and was introduced by D. Martin Trueblood, Broadmead's executive director.

--G. James Fleming

High Tea

Katherine Dost writes: "Don't forget the Broadmead High Tea on Sunday, January 29th from 4:00 to 5:30.

Tickets are available at the desk. Residents on a two or three meal plan do not pay for the Tea. Those on a one-meal plan pay \$2.75 unless they elect to substitute the Tea for the Sunday dinner.

As in the past, we regret that we are unable to accommodate outside guests, but if special situations arise, please consult the hostesses: Lucia Weiss and Katherine Dost.

The mini-exhibition is by courtesy of Ruth Gerbig. For February High Tea, see Programs.

(Editors Note: High Tea is always 4:00 to 5:30, not 7:15 as stated in error in the January Voice.)

BEAUTIFUL FLYERS

Are they called buzzards? Commonly, yes. Officially: Turkey Vultures and Black Vultures.

Do they live here all year? Both species are year-round residents of Md. Some Turkey Vultures migrate into Canada. Their range extends across the U.S. and south to Cape Horn. Black Vultures are essentially non-migratory and southern, from Maryland to Arizona and down into northern Chile and Argentina.

The large concentration we see flocking at sunset to roost in our wooded hillside exists only in winter. In March mated pairs disperse to find individual nest sites.

Do they nest in our trees? No, and they build no nest, but lay two eggs on the floor of a cave, in a hollow log, under dense vegetation, or in an abandoned building. Turkey Vulture chicks are fluffy, white and downy; Black Vultures are buffy.

They look so ugly! By human standards they may seem ugly, so for many centuries and for many wrong reasons they have been maligned and misunderstood and accused of "crimes" they never could commit. We should appreciate them for what they are and what they do.

What do they do? They occupy an important ecological niche as scavengers, eating (almost exclusively) carrion, garbage, and offal. This "sanitation department" keeps the natural environment clean and free of odor of decaying animal life.

How do they find enough to eat? Animals, from mice and birds to deer and livestock, die of natural causes, and some are killed by traffic. Of their large

numbers we see only a tiny fraction.

Vultures spend their days circling on columns of warm air and soaring on updrafts created by ridges and sloping terrain, searching with their keen eyes for carrion in fields, along shores, and on roadsides.

When a dead animal is sighted they follow the leader to the carcass where they feed together, emitting grunts and hisses-their only sounds. The more aggressive Black Vultures can drive Turkey Vultures away from food.

Why do they perch in "spread-eagle" pose? When the air is cool and still, as in early morning, vultures cannot soar and glide easily, so they sit and wait, often with wings outspread. Are they drying moisture deposited on their feathers by rain, mist, or dew? Are they airing or sunning their feathers, as we fluff up our down pillows? Many opinions, no proofs; but it seems likely this activity improves their buoyancy.

Why "Turkey" Vulture? The adult's head and neck are bare and red like a turkey's. Those of the Black Vulture and of immatures of both species are black. Dating from the Eocene Period, vultures may have developed this naked adaptation because, as carrion eaters, feathers would become soiled and matted, difficult to clean and preen.

... ..

How can you tell the two species apart? By comparing their manners of flight, their silhouettes, and their wing markings. In our roost of up to 400 there are only about 24 Black Vultures, therefore easy to spot. They tend to fly in groups and must flap their wings more frequently to stay aloft.

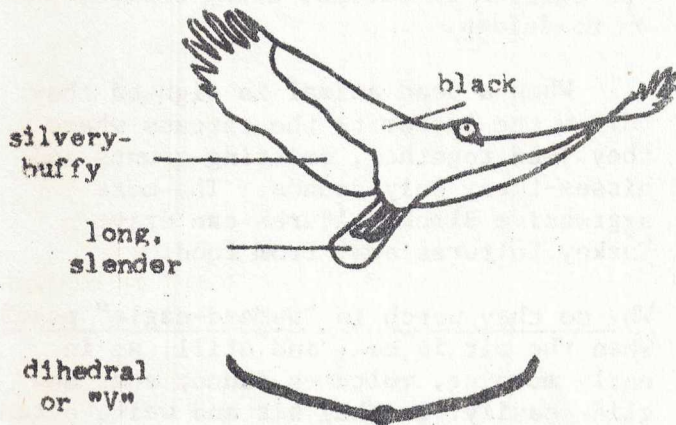
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VULTURES

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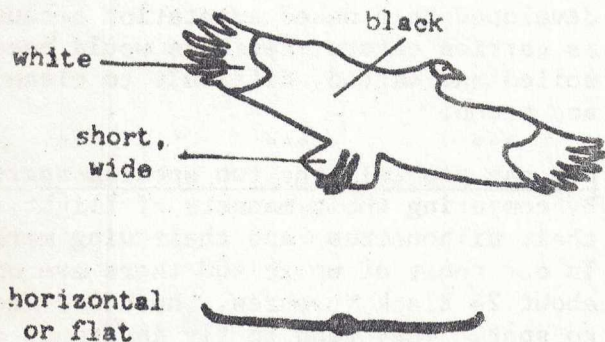
TURKEY VULTURE

Soars gracefully, tilting side to side with wings at shallow dihedral, or "V". Flaps gently, with fluidity, less often. Long, slender wings and tail. Appears well-proportioned, like a "T".



BLACK VULTURE

Soars more rigidly, often higher than TV, on wings held horizontal, or flat. Quick, deep flaps followed by short glides. Wide wings; short, wide tail. Appears chunky; somewhat wedge-shaped.



Drawings: Robbins, et al. Birds of North America (field guide), Golden Press, NY, 1966, p. 64. Bibliography available

--Nancy Rowe

GREENHOUSE NEWS

Seed catalogs are sprouting in the mail boxes and gardeners are already itching to get their hands in the dirt.

It is a little early yet but this is to remind you that the greenhouse is available for those who may wish to sow some seeds in flats to get plants for later transplanting.

Unfortunately, it has been necessary to dispose of some plants whose owners have neglected to take care of them. There were also some plants which could not be linked to their owners. Please remember that those who bring in plants are responsible for their care. It might be added that unless you plan to care for it all year do not dispose of your poinsettia by leaving it in the Greenhouse.

For good news, be informed that a new Chairman for the Greenhouse Committee has been found - one who has had some experience with growing plants under glass - June Kerr. Our best wishes to her!

--Leopold Bridge

EMPLOYEES CHRISTMAS FUND

The sum of \$21,075 was distributed to employees from the 1983 Christmas Fund. The gifts varied, as usual, from \$5.00 to \$170.00, based on the number of hours worked.

Almost daily, the cheerful efforts of staff members on behalf of the comfort of Residents call up a responsive wish to express our appreciation forthwith, not only in words but concretely.

At those times, keep in mind that the vacation fund, which comes up in May, provides the opportunity to do this.

BRIDGE LOYALISTS - NIGHT and DAY

MONDAY AFTERNOON BRIDGE

Approximately 3½ years ago, when Broadmead was very young, a group of Residents began to play bridge every Monday afternoon at 1:30 in the lower level recreation room. Although the number of players has fluctuated from as high as 26 to as low as 8, there has been a group of 18 "loyalists" who have played on a more or less regular basis. Through the years the average attendance has been three tables each week.

There is room for many more and all Residents are welcome. There is no need to have a pre-arranged partner because tables are made up on a first-come, first-serve basis. There are four rounds of six hands each and players move progressively at the end of each round.

Elizabeth Corkins (Corky) and Frances Braunstein (Fran) are on hand each Monday to help everything to run smoothly and also to fill in at a table to complete a foursome when necessary.

Each week's results are posted on the bulletin board near the lower level entrance. The winners for each month and for the year are posted, also. The big winners for 1983 were:

- | | |
|-----------------|--------------------|
| 1. Mary Platt | 3. Elizabeth Burns |
| 2. Libby Emmons | 4. Fran Braunstein |

For the first week of 1984, Ernestine McCollum started the New Year in fine shape by coming in first--followed by Margaret Turner, second; Mary Platt, third; and Debbie Jackson, fourth.

And so we are looking forward to another year of Monday Afternoon Bridge and hope that many more Residents will join us for pleasant, informal afternoons in the lower lounge. Please call 666-7643, if you have any questions--or just come when you can!

--Elizabeth Corkins

FRIDAY NIGHT BRIDGE

1983 proved to be a banner year for Friday night bridge. Forty-two players gathered round for some or all of the 49 sessions. This was one less session than usual, as the big blizzard of February cancelled our schedule for one week.

At the last session of the year, Pearl Podlich added her name to the list of weekly champions, making a total number of Friday night champions a happy twenty-one.

Of the 42 players, 18 were winners and 24 losers. Haines Felter managed to squeeze past Sam Silberstein to become the over-all 1983 champion.

The final rankings for the coveted first ten positions were as follows:

- | | |
|-----------------------|-----------------------|
| 1st-Haines Felter | 6th-Dorothy Sauerwein |
| 2nd-Sam Silberstein | 7th-Larry Wilder |
| 3rd-Bobbie Richardson | 8th-Bob Jones |
| 4th-Peg Stevenson | 9th-Elizabeth Burns |
| 5th-Ida Cullison | 10th-Florence Horney |

--Haines Felter

KEEPING U.P.S. BUSY

In December Nancy Grant sent out 318 packages via U.P.S., for Residents. This was more than double the number sent in Dec., 1982. But it was only a fraction of the year's total: 1017.

Another service that saves Residents and others time and effort is represented by the 159 documents notarized by Nancy and Karolyn Huffman during 1983.

And as is well known, these tasks represent only a smidgen of all they do to keep us happy!

DEADLINE FOR NEXT ISSUE: FEB. 13

MAL GROSS DISCUSSES DANGERS OF
IMBALANCE BETWEEN POWER AND WISDOM
IN TODAY'S WORLD

In his talk entitled "About the Limitations of Science and Black Boxes," presented to Residents on Jan. 7, Mal Gross discussed the imbalance between our technological knowledge, derived from science, and our ability to use it constructively.

He introduced the subject with a succinct historical perspective of the development of science, and explained that the use of the term black boxes in the title is borrowed from engineering.

In everyday life we see a variety of what engineers call black boxes. For example, a television set or a computer is a large black box which contains smaller, complex parts or small black boxes. Engineers know how each part- or box- behaves but "are not concerned with the internal operation of each part."

Mal used the black box analogy to dramatize the fact that scientific knowledge derives from observation of how things behave but does not explain their internal nature or why they behave as they do.

He sees the distinction as critical in a civilization dominated by the by-products of the scientific revolution. He emphasized the importance of our being aware that: 1) There are limits to what we can learn from the scientific method, and 2) Science has given us an enormous increase in our power over nature through technological advances while failing to give us any means of "improving our own human nature."

Mal pointed out that science is morally neutral. For example, it has shown us how to make computers and robots which do things faster than humans but does not tell us whether to use the knowledge to produce more, work shorter hours, or accept greater unemployment.

Quoting Mal, "There are many ways we can misuse the powers we have....blow ourselves up..., pollute the air, ground, and water, use up our natural resources."

He believes that we would be wise to listen when the vast majority of scientists agree, but in order to be alert to the "scientist, journalist, or politician who distorts pieces of scientific information for his own purposes", we need a broadly educated, sophisticated public.

He noted that "....nearly everything we are familiar with has been used for military as well as for peaceful purposes...If the human race is to survive for very long, it is going to take major and creative help from all facets of our human existence--spiritual, ethical, educational, and of course, political."

That Mal is highly qualified in this area by background and experience is well known to fellow Broadmeaders. A brief synopsis of his talk cannot convey adequately its content. It is well worth full perusal and at the suggestion of the Voice Mal agreed to place a copy in the library.

--D.K.

LETTER

Dear Voice:

As in the past, I shall be glad to help any Residents who need some assistance to prepare their income tax returns. This assistance is, of course, absolutely cost-free.

Sincerely yours,

Max Hitchman, M II
C.P.A. of the State of N.Y.

CREATIVE EXERCISE PROGRAMS ACCOMPANIED
BY MUSIC, DESCRIBED BY SYLVIA LAMBROS

"Physical fitness, achieved and maintained by physical movement, is truly the Fountain of Youth," says Sylvia Lambros, physical fitness expert and teacher of classes at Broadmead. On January 11, she gave Residents, class members, and many others a taste of what her program includes. The large audience stretched, swayed, and learned about good posture and deep breathing, part of what her groups do at each session.

This is the second year of her physical fitness classes here, and Sylvia is delighted that so many Residents have found her program beneficial for increased energy, better posture and breathing, and reduced waistlines. Sylvia herself is a vivid example of what her program does for a person. Her energy, suppleness of body and movement, and enthusiasm can be an inspiration to those of us who have neglected physical movement as something that cannot be of much help to us in our later years. Sylvia vigorously disagrees!

Sylvia's interest in dance and physical movement began at age 3, when she and her sister were performers in the manner of Shirley Temple at the old Hippodrome Theater in Baltimore. Their parents encouraged them to learn graceful movement, so they studied dance - modern, jazz, tap. As the girls entered their teen years, it would have meant going to New York if they had continued to perform. Their parents were opposed to that, so the sisters took the academic route. Sylvia studied dance therapy at Goucher, and her programs of kinetics - movement of the whole body - developed from that.

Sylvia acknowledges that it is difficult to give up soft living. But she wants to inspire everyone to develop higher energy, take inches off the waistline, sleep more soundly, and become increasingly aware of the world around us by realizing that aging is definitely slowed by physical fitness.

The exercise program Sylvia espouses is creative and innovative, and consists of balanced movement - quality, not quantity of movement. It begins with good posture all day, every day. She gives great credit to our Jim Barnhart, who helped her set up the program. She thinks there is a great future for physical fitness programs that are interesting and safe.

In addition to guiding Broadmead classes, Sylvia teaches children and young adults in Department of Recreation classes, and athletes and dancers in controlled body movement to help prevent injuries. Always she coordinates bodily movement routines with appropriate music (spending 8-9 hours a week researching music for her classes), and with choreography to avoid boredom. She has noted that children show great emotional improvement when learning to move their bodies under instruction. And adults loosen up and become less tense.

More healthful living took a great leap forward when Sylvia Lambros took the physical fitness route instead of studying law as she had originally intended to do. She hopes that more of us will make approved, appropriate exercise a part of our lives.

--Helen Criley

Felicitations

Long-time Residents Winifred Pawling and Robert Jones were married on January 13 in a quiet ceremony at Broadmead. Later they gathered at Holly House for a celebration with their family members who came from distant points for the occasion.

Winnie and Bob left soon afterwards for an unknown destination and will return early in March to reside in Bob's apartment.

Broadmead's warm good wishes go with this delightful couple.

PROGRAM PREVIEWS

(See Programs opposite for time and place)

John McGrain, a member of the Baltimore County Historical Society, will present a film, "Baltimore County Landmarks." The Society meets in the old County Almshouse, the large stone building up the hill behind the Cockeysville Library.

The second and last in the financial talks by Larry Rosenthal of the Union Trust Bank will be on "Choices in Saving."

Those Residents who remember the fun at last year's Valentine Party will be glad to know that "Valentine Party-1984" is in the planning. Watch for announcements.

To help prepare Residents for April 15, the Internal Revenue Service is sending a speaker to talk on "Changes in the New Tax Laws."

Stephen H. Sachs, Attorney General of the State of Maryland and possible candidate for the governorship, will speak on "The Many Faces of the Law."

Oberamagau, the home of the Passion Play, is celebrating its 350th anniversary of the Play this year. The Valley Travel Agency, in connection with their three Oberamagau trips (June 20-July 4, July 24-Aug. 9, Sept. 20-Oct. 5) will show slides of the Play and other points of interest.

--Dot Graham



Residents PLEASE let Transportation know your plans to use the bus or NOT to use it, as soon as you know yourselves.

What happens about ordering and riding busses affects all of us financially!

- Claire Walker

MUSIC FOR FEBRUARY

The Music Committee will present two singing groups.

Twelve Gilman School students from the sophomore through the senior classes, known as "The Traveling Men", will sing some songs of the Gay 90's and some traditional songs - all done a cappella. Jon Baker and Paul Sowell are co-directors. Ned Worthington sponsors the group.

"The Foxheads" will make their third appearance here. This dynamic and enthusiastic group of business men sing for the sheer love of it.

--Eleanor Matthews

DISCUSSION GROUP PLANS FOR WINTER - SPRING 1984

The present program of the Discussion Group, entitled The New World, Its Challenges and Dangers, concludes January 31, 1984.

Plans are well under way for a winter-spring program which will have as a general theme, The Implications of the New World for our Relations with the Rest of Mankind.

The new series will begin on February 14 with a lecture by Otto Kraushaar, entitled An International Knowledge Revolution. The lecture will be given in the Auditorium at 10 a.m.

This will be followed by a further discussion of the topic on February 21 at 9:30 in the lower lounge.

--Kenneth Walker

MOVIES

Tuesdays 7:00 p.m. Place: Auditorium

FEBRUARY 7 - "GRAND CANYON"
(30 min. color) Walt Disney's Academy Award-winning spectacle of Nature's greatest "spectacular."

FEBRUARY 14 - "THE STUDENT PRINCE"
(107 min. color) A romantic celebration of Valentine's Day. Sigmund Romberg's operetta with beautiful music sung by Mario Lanza.

FEBRUARY 21 - "WINGS TO GERMANY"
(30 min. color) A travelogue of West Germany that will cure "cabin fever" for arm-chair tourists.

FEBRUARY 28 - "CASABLANCA"
(102 min. B&W) Finally we located this much-requested treasure. A memorable film experience not to be missed. Humphrey Bogart and Ingrid Bergman at their best!

HALLOWELL HALL MOVIES

Tuesdays 3:00 p.m. Place: West Lounge

FEBRUARY 7 - "WINGS TO JUGOSLAVIA"

FEBRUARY 14 - "Edinburgh"

FEBRUARY 21 - "WINGS TO GERMANY"

FEBRUARY 28 - To be Announced Later

Sleep Cold

- Phyllis McGinley

Ah, snug lie those who slumber
Beneath conviction's roof.
Their floors are sturdy lumber,
Their windows weatherproof.
But I sleep cold forever,
And cold sleep all my kind,
For I was born to shiver
In the draft of an open mind.

--Courtesy of Claire Walker

PROGRAMS

(In the Auditorium unless otherwise not)

SATURDAY, FEBRUARY 4 - 7:15 -
"Landmarks of Baltimore County", film by John McGrain, Baltimore County Historical Society

MONDAY, FEBRUARY 6 - 7:15 - "Choices in Saving" - talk by Larry Rosenthal, Union Trust Bank

THURSDAY, FEBRUARY 9 - 7:15 -
Concert by Gilman School's Traveling Men

SATURDAY, FEBRUARY 11 - Valentine Party - Watch for announcement of time and other details

MONDAY, FEBRUARY 13 - 10:30 -
Fireside Chat - in the Lounge

MONDAY, FEBRUARY 13 - 7:15 "Changes in the New Tax Laws" - talk by representative of the Internal Revenue Service

SATURDAY, FEBRUARY 18 - 7:15 "The Many Faces of the Law" - talk by Stephen H. Sachs, Maryland Attorney General

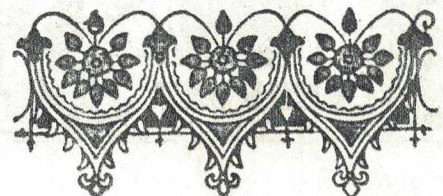
SATURDAY, FEBRUARY 25 - 7:15 - Slide-talk on Oberamagau by the Valley Travel Agency

SUNDAY, FEBRUARY 26 - 4 to 5:30 -
High Tea in the Lounge

MONDAY, FEBRUARY 27 - 7:15 - Concert by the Foxheads

Addendum

Tuesday, February 14 - 10:00 -
"An International Knowledge Revolution"-
Talk by Otto Kraushaar.



MALCOLM DILL'S BIRTHDAY OUTING-AGE 3

James Whitcomb Riley wrote the following poem for Resident Malcolm Dill's third birthday, having learned about it from Malcolm's great-uncle who was J.W. Riley's manager.

Malcolm Dill came into town
With one leg up, and one leg down.
He met his Grand Pa on the street,
Who walked along on both his feet.

"Let's go for beech nuts in the wood;"
Said Malcolm Dill, "They are so good."
Grand Pa replied "All right my boy;
We both will have a day of joy."

And off they went that sunny day,
Ate lunch and apples on the way.
The nuts were plenty on the ground,
And many sacksfull there were found.

"We best go home," said Malcolm Dill,
"Or we'll be late, Grand Pa, we will.
Make Captain go with all his might;
So we'll be home before it's night."

The Sun was setting now so low,
The West was all a fiery glow.
"Grand Father, look" said Malcolm Dill,
"It seems like fire beyond the hill."

It was not fire, but crimson red,
The sky was blazoned over head.
We'll ne'er forget that day we spent,
In hunting nuts, and the ride we went.

Whitcomb Riley.
1902



In Memoriam

LOUEL M. FORD
August 5, 1893 January 3, 1984

ISABELLE M. WARD
May 29, 1892 January 11, 1984

LAWRENCE P. WILDER
June 10, 1896 January 11, 1984

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